



# DISTRACTED DRIVING KILLS

## Keep Your Focus on the Road



### 3 TYPES OF DISTRACTIONS



#### MANUAL

Removing one or both hands from the steering wheel for other purposes (texting, eating, grooming, dialing a cell phone, etc.)



#### VISUAL

Diverting your eyes from the road to something other than driving (reading, rubbernecking, etc.)



#### COGNITIVE

Shifting your mental focus away from driving (driving drowsy, angry, talking on a cell phone, etc.).

Technology provides us with quick, on-the-go access to information, but it can also take our eyes off the road. Any distraction while driving can lead to a fatal mistake for you or someone else.

### DID YOU KNOW?



23X

Number of times more likely you are to crash when texting while driving.



Percentage of distracted-driving crashes that are rear-end crashes.

### SAFE DRIVING TIPS



Have a passenger answer all calls, change music, navigate, etc.



Make calls before you leave or once you arrive at your destination. Let calls go to voicemail.



Never text while driving.



Adjust mirrors, seats and temperature settings before you drive.

### UNDERSTANDING CELL PHONE DISTRACTION



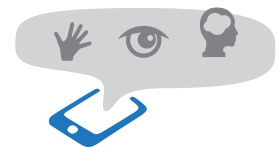
37%

Reduction in brain activity devoted to driving when using a cell phone.



Talking on a cell phone while driving is as dangerous as driving drunk.

Using a cell phone while driving involves at least two, and sometimes all three types of distractions.



For further information on how to drive Truck Smart visit the following sites or email [TruckSmart@utah.gov](mailto:TruckSmart@utah.gov):

**zero**  
Fatalities

[ZeroFatalities.com](http://ZeroFatalities.com)

**UTDOT**  
utah.gov

MOTOR CARRIER DIVISION  
[udot.utah.gov/trucksmart](http://udot.utah.gov/trucksmart)

**UTAH TRUCKING**  
ASSOCIATION

[UtahTrucking.com](http://UtahTrucking.com)



Federal Motor Carrier  
Safety Administration  
[fmcsa.dot.gov](http://fmcsa.dot.gov)

**CVSA**  
COMMERCIAL VEHICLE SAFETY ASSOCIATION

[cvsa.org](http://cvsa.org)